Public Service Announcement

Who needs Vitamin D?

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Nunavut **75 sec**

Everybody needs vitamin D for healthy bones and teeth. It helps our bodies absorb and use calcium, supports normal growth and development, and may protect against some diseases. Getting enough vitamin D is especially important for those who are pregnant, babies or young children.

Babies and children who are not getting enough vitamin D can develop rickets, a painful disease that causes bones to soften and bend. In Nunavut, the sun is not a good enough source of vitamin D. The best way to get enough vitamin D is to take a daily supplement and choose foods with vitamin D.

- Babies under the age of two need two drops (800IU) of Baby Ddrops™ daily.
- Anyone who is pregnant needs prenatal vitamin plus 1000IU of vitamin D daily. Breastfeeding parents also need 1000IU daily.
- Children 2-18 years and adults over 51 years should take 400 IU of vitamin D daily in the form of a multivitamin.

Foods with vitamin D include:

- Country food: fish, maktaaq, bird eggs and fish eggs.
- Store bought food: milk, fish (salmon, tuna and sardines), eggs, yogurt with added vitamin D, and margarine.

Registered nurses in community health centres, regional public health units, and at the Iqaluit Public Health Maternal/Child program are now authorized to dispense a 1-month supply of vitamin D for all ages. After the initial vitamin D is dispensed, further refills of vitamin D are available at a retail pharmacy. NIHB covers vitamin D for all ages, prenatal vitamins, and multivitamins for children up to nineteen years of age.

For more information on vitamin D visit your local health centre or the Department of Health website.

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